



# June Breakfast Menu 2015



## Fruit Smoothie

- medium banana
- ½ cup ice cubes
- 1 cup low-fat plain yogurt
- ½ cup 100% orange juice
- 4 frozen strawberries

Optional Ingredients:

½ teaspoon ground

Cinnamon

Mon	Tue	Wed	Thu	Fri
1 Milk Oranges Assorted Cereal	2 Milk Applesauce French Toast Sticks	3 Milk Pears Blueberry Muffin	4 Milk Peaches Egg & Cheese On English Muffin	5 Milk Banana Granola & Yogurt
8 Milk Oranges Apple Cinnamon Muffin	9 Milk Applesauce Pancakes	10 Milk Peaches Assorted Cereal	11 Milk Pears Egg & Cheese On English Muffin	12 Milk Banana Granola & Yogurt
15 Milk Apple Assorted Cereal	16 Milk Applesauce French Toast Sticks	17 Milk Pears Apple Cinnamon Muffin	18 Milk Peaches Egg & Cheese On English Muffin	19 Milk Banana Granola & Yogurt
22 Milk Apple Blueberry Muffin				